

AMENDMENTS TO THE SPECIFICATION

Please amend the seventh full paragraph on page 11 (lines 13-14) as follows:

FIGS. 7A, 7B, 7C, ~~and 7D,~~ and 7E depicts various general representations of motion for different type exercise

Please amend the third full paragraph on page 30 (lines 16-19) as follows:

In particular, in FIG. 7D the user could be moved to the forward-most part of the circles and then face rearward to perform a converging pull-type exercise using the same handle be used for the converging push-type exercise, as shown in 7E.